



# Readiness Rap Sheet

Vol 3, Issue 6

June, 2011

June 2011

## Deployed/Remote Family Dinner

Wed, 1 June, 1730-1900  
Crosswinds Dining Facility

## Job Fair

Thurs, 9 June, 0900-1200

## AIP and You—How to Prepare for a Cut in Pay

Fri, 10 June, 0800-0930

## Right Start Newcomers Orientation

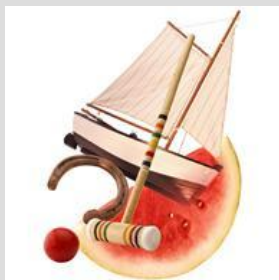
Wed, 15 June, 0800-1200

## Separation/Retirement Briefing

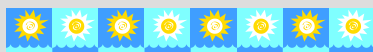
Tues, 21 June, 0800-0900

## Emotional Cycle of Deployment

Thurs, 23 June, 1400-1530



Location: Bldg 1018  
Phone: 404-0864/65  
Hours: 0730-1630, Mon-Fri  
Email: [AFRCCreech@nellis.af.mil](mailto:AFRCCreech@nellis.af.mil)



**Deployed/Remote Family Dinner, Wed, 1 June, 1730-1900, Crosswinds Dining Facility.** Enjoy a free meal with other deployed families. Please RSVP to the Nellis Airman & Family Readiness Center, 652-3327.

**Job Fair, Thurs, 9 June, 0900-1200.** If you're separating or retiring, this is the place to be. Emphasis is on contract employers at Creech AFB. Come prepared with resume in hand. Uniform of the day acceptable.

**AIP and You—How to Prepare for a Cut in Pay, Fri, 10 June, 0800-0930.** Put these strategies in place NOW so the "pay cut" doesn't upset your financial apple cart! *Remember when you thought the government would shut down and you'd get no pay? Well, this one is for REAL!*

**Right Start Newcomers Orientation, Wed, 15 June, 0800-1200, in Bldg 1004 Theater.** Required within 30 days after arrival. Bring medical & dental records; sign up for Tricare, etc. Family members welcome and encouraged to attend!

**Separation/Retirement Briefing, Tues, 21 June, 0800-0900.** Must attend presentation to receive DD Form 2648 prior to scheduling mandatory transition counseling.

**Emotional Cycle of Deployment, Thurs, 23 June, 1400-1530.** This MFLC presentation addresses 7 cycles: anticipation of loss, detachment and withdrawal, emotional disorganization, recovery and stabilization, anticipation of homecoming, renegotiation of marriage contract, reintegration and stabilization.

**Military and Family Life Consultants (MFLCs)** are here to listen and can help you work through your concerns about the stress and anxiety ever present in military family life. Couples, singles, families can benefit from "talking it out." Presentations on various topics for unit training days are available (team work, stress management, time management, communication, assertiveness, and much more). Call 715-6138 for information or an appointment.



## A&FRC provides at Unit Request:

**Pre-deployment Briefing.** Mandatory for all Airmen who are deploying. Sign up for morale calls, pick up a voucher for a free oil change, receive a free calling card, and tips to help you prepare for your deployment!

**Sponsorship Training, web-based training.** Logon to the eSponsorship Application & Training (eSAT) at:

<http://apps.mhf.dod.mil/ESAT>

Print a copy of the Sponsorship Duties Checklist and obtain certificate of completion for your records.

**A&FRC will continue to conduct unit training sessions and assist with sponsor packages assembly (upon request).**

**Welcome Home.** You still must check in with the A&FRC within 3 days of return. **Unit briefings offered for returning groups upon request.**



# SUMMER FUN!! FREE Stuff to do With Your Family!



1. **Treasure Island.** Sirens of TI. Pirates and gunfire and smoke and screaming all for free in front of the Treasure Island Hotel. [http://www.treasureisland.com/shows/sirens\\_of\\_ti.aspx](http://www.treasureisland.com/shows/sirens_of_ti.aspx)

2. **Mirage.** Erupting Volcano. You will be scorched by the free show in front of the Mirage!! Shows at the top of the hour, last just over 5 minutes. Inside the casino, check out the 53 foot tall aquarium behind the front desk and the indoor rainforest while you're there. <http://www.mirage.com/attractions/volcano.aspx>



3. **Bellagio.** Bellagio Fountains. Still the best free attraction in Las Vegas. Every 1/2 hour during the day and every 15 minutes after 8. Conservatory & Botanical Gardens. An impressive display of creativity using flowers, plants and natural products. Displays change frequently. <http://www.bellagio.com/amenities/>

4. **Rio.** Masquerade in the Sky. If someone's throwing beads at you, there's really loud music, and you get an inclination to shake your hips, you're at the Rio Suites and the show in the sky is on! <http://www.riolasvegas.com/casinos/rio/casino-misc/masquerade-show-in-the-sky-detail.html>



5. **MGM Grand Hotel.** Lion Habitat. If you get lucky you might actually see the lions move, most days they just sit around and try to figure out why you are staring at them. Watching is free; take a picture—they may charge you. <http://www.mgmgrand.com/entertainment/lion-habitat.aspx>



6. **The Flamingo Wildlife Exhibit.** Take a walk out back and you run into different bird species including Flamingos and penguins, as well as fish and turtles. <http://www.flamingolasvegas.com/casinos/flamingo-las-vegas/casino-misc/wildlife-habitat-detail.html>

7. **Caesar's Hotel and Casino.** Atlantis Aquarium. Located near the Forum Shops, the aquarium is a 50,000 gallon marine environment full of colorful fish, sharks and rays. Hang around for awhile and watch the free moving statue show every hour on the hour. [http://www.vegas.com/attractions/on\\_the\\_strip/fountainshow.html](http://www.vegas.com/attractions/on_the_strip/fountainshow.html)

8. **Fremont Street Experience Downtown Las Vegas.** An impressive show that entertains you with lights synchronized to music. The show is free, the deep fried twinkies and oreo's are not! [http://www.vegas.com/attractions/off\\_the\\_strip/fremontstreet.html](http://www.vegas.com/attractions/off_the_strip/fremontstreet.html)

9. **Sam's Town.** Visit the indoor park, complete with walking paths, "wildlife" (deer, eagles, bear, beaver, and more), a stream, and, in the evenings, a laser light show with a howling wolf. <http://www.samstowntlv.com/things-to-do>

10. **Clark County Wetlands Park** is a perfect place to grab some fresh air and exercise during a busy weekend in Vegas. Located on the Las Vegas Wash between town and Lake Mead, Wetlands Park is a work in progress to restore some of the wetlands for the birds and animals historically associated with this area. Drive east on Tropicana, almost to the end. Entry is on left just before Sam Boyd Stadium. <http://www.clarkcountynv.gov/Depts/parks/Pages/wetlands-park.aspx>

11. **Ethel M. Chocolate Factory.** Self-guided tour, watch candy making and have a free sample. Yum! [http://www.ethelm.com/about\\_us/factory\\_tour.aspx](http://www.ethelm.com/about_us/factory_tour.aspx)



12. **Picnic in the Park.** Clark County Parks & Recreation has many parks of all kinds—pools, dog parks, skate parks, water play areas, horse parks—most with picnic & play areas. Check them all out and how to get there (fees may apply for pools and certain other activities): <http://www.accessclarkcounty.com/depts/parks/locations/Pages/clark-county-parks-amenities.aspx>



13. ALMOST FREE: **Gilcrease Orchards** is a working farm with 50 acres and more than 6,000 apple, pear, and peach trees. In the summer, fresh-grown tomatoes, pumpkin, cucumber, and squash are available. Families are invited during growing season to pick their own fruits and veggies; you can also purchase them at the farm's produce stand. (\$3 per car/walk-ins free). <http://www.thegilcreaseorchard.org/>

More FREE stuff can be found on the following website—not all is family appropriate!!! <http://vegas4locals.com/free.html>

Have a safe and happy summer!

